



TAKE OFF POUNDS SENSIBLY

January 2010

"CHATTER"

A NEWSLETTER FROM YOUR COORDINATOR

Volume 3, Number 1

In This Issue

- HAPPY NEW YEAR
- RESUME Time Again
- WEIGHT CHARTS
- FOOD Functions
- TOPS RULES Program Idea
- MAINTENANCE Due
- SRD Packets

Contact me:

Trudy A. Bartley
 TOPS Coordinator
 trudyann1@verizon .net
 (570) 752-7679



HAPPY NEW YEAR

I hope everyone had a wonderful Christmas holiday and now ready to "start again" or "continue" on your weight loss journey to goal. No one ever said losing weight would be easy, but we can all rest assured, we have a great organization and TOPS family supporting us all the way.



RESUME Time Again

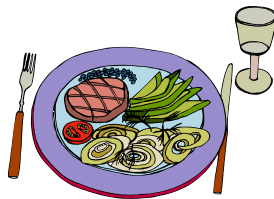
I'm sure Weight Recorders and Leaders are busily working on their year end resumes. These are due to me January 8. **Remember to convert weights to quarter pound increments for the first and last weigh-in on the weight charts (see page 48 2a of the new Chapter Manual).** If you fail to do this, the calculations on your resume will be wrong.

WEIGHT CHARTS

In November, your 2010 supply of weight charts was sent to the leader. The new weight charts are **WHITE** (KOPS charts are no longer pink). The only thing that differentiates these charts is a letter in the upper right corner. You'll find (T) for TOPS charts (K) for KOPS charts and (TR) for transfer charts.

Please be sure to use these new charts. You can make copies to have on hand throughout the year.

FOOD Functions



Several chapters have either forgotten or, perhaps, never knew that you need to send me notification of your upcoming food functions. This is a TOPS rule and can be found in the TOPS RULES Effective 1/1/2010. Thank you for your attention to this. Please send to me at least 30 days in advance of your event.



COLD WEATHER

Take care to avoid frostbite and hypothermia.

If you notice pain, numbness, tingling or skin whitening (usually on the face, fingers or toes), get out of the cold immediately and slowly warm the area without rubbing. If hypothermia symptoms occur (intense shivering, slurred speech, fatigue or loss of coordination), seek emergency help.



To all TOPS members and chapters for the cards, prayers, and comforting words extended to me upon the passing of my son, Donald.

Lillian Moyer

Retired
Coordinator

TOPS RULES Program Idea

The TOPS Rules were printed in the November 2009 issue of our TOPS News magazine. The centerfold was meant to be removed by the member and placed with their other important TOPS paperwork.

A very good idea for a chapter program would be to read over these rules, one at a time. Make sure everyone understands what is being read. If there are questions, please call me and I'll attempt to clear things up for your chapter.

You can take two (or more) weeks to do this. It is an excellent way to familiarize **ALL** members with the rules. I'm sure you'll be surprised about some things that you thought you knew but really didn't or the other way around!

MAINTENANCE Due

Thank you very much to the chapters that have sent their 2010 Chapter Maintenance to me! Following is a list of those that are still outstanding:

265, Berwick	1238, Scranton
728, New Bloomfield	1394, Millersburg
766, Mountaintop	1432, Milton
951, Archbald	1436, Riverside
953, Bartonsville	1554, Pottsville
964, Dewart	1598, Milton
1217, Gordon	1606, Sherman's Dale



SRD Packets

The SRD Registration Packets have been sent to all leaders. Please take a chapter meeting to go over all the enclosed information. It is extremely important that deadlines be met. No registrations will be accepted after the deadlines.

We've been working and working and working to bring you the best possible SRD possible. I'm very excited about honoring our 2009 State Division Winners and Royalty. Our KOPS session will be beautiful and inspiring. We're also planning workshops, a walk, Picnic in the Park (separate registration), souvenir t-shirt (pre-order), souvenir charm (pre-order), etc.

You'll also have an opportunity to "meet and greet" our TOPS President, Barbara Cady and Regional Director, Judy Hamilton. Also, in attendance, will be the other Coordinators and Area Captains from PA. Joan Tinkham, RI Coordinator has attended past events and plans to be with us again this year.

We'll want to give all these visitors a grand Pennsylvania welcome!

PA 1584, BLOOMSBURG



L-R Mary Ann Christ, Darlene Lewars, Tricia Unger, Sandra Church, Mary Coleman

PA1584 decorated a tree for the second year in a row at Tree Fest '09. If you look closely at our tree, you can see it is filled with lights and bows. Our treasury paid for the 2 cases of water and the dinner supplies in the basket under the tree that includes white potatoes, sweet potatoes, green beans, peas/carrots, stuffing, gravy, cranberry sauce, pumpkin pie fixings, cake and frosting, and members donated additional meal items. One member's family donated a \$20 gift card to Giant Markets, too. We got exercise and had fun shopping, wrapping, and decorating.

This project gets the whole community involved. Monetary donations are solicited from local businesses, tree growers donate trees, and church, community and social civic groups donate Christmas tree ornaments

"CHAPTER CHATTER"

PA 1347, HARRISBURG

(Submitted by Leader, Kim Anderson)

After Christmas

'Twas the week after Christmas, and all through the house
Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste
At the holiday parties had gone to my waist.

When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber).

I'd remember the marvelous meals I'd prepared;
The gravies and sauces and beef nicely rared.

The wine and the rum balls, the bread and the cheese
And the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt.

I said to myself, as I only can
"You can't spend a winter disguised as a man!"

So away with the last of the sour cream dip,
Get rid of the fruit cake, every cracker and chip.

Every last bit of food that I like must be banished
'Till all the additional ounces have vanished.

I won't have a cookie – not even a lick.
I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie,
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore.
But, isn't that what January is for?

Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet!

-Author Unknown-

PA 98, NAZARETH

(Submitted by Leader, De De Brown)

PA 98 Nazareth has a "book" that is passed around at the end of our weekly meetings. Sometimes the person who lost the most weight takes the "book" to write what they did that week that helped them lose the weight in the hopes that it will inspire another member.

Sometimes the person who gained the most weight that week takes the "book" to write down his/her thoughts about what happened to cause their weight gain in hopes that others can help her/him.

We read the thoughts and suggestions at the next meeting.

and lights to decorate over 100 trees. For two weekends following Thanksgiving, the public bring their families to see the beautifully adorned trees for an entrance fee of \$3. Following the final day, volunteers help to dismantle and package the trees and ornaments and give them to needy families for the holidays. Our chapter hopes our small contribution will make a healthy, abundant dinner for a local family.

We wish everyone a happy, healthy, and no gain holiday.

Larry McEnroe, who has already lost over 49 pounds, took the “book” home. With his permission, the following is what he wrote:

Substitutions

Seems that so far, my path toward weight reduction has been all about substitutions: potato chips become pretzels, coke becomes diet coke, ham and cheese omelets become oatmeal, 12-year old scotch becomes.....ok, for some things there are no substitutes.

But substitutions are better than depriving. I am finding that with a little creativity and a little more mental adjustment I can have a meal with some different foods and a bit of portion control and walk away full, not overfull as in the past, but full nonetheless. At least now, after a month the more primal parts of my brain are accepting that my stomach does not need any more food than what is in my meal. That my survival has been assured for another few hours! I am even occasionally leaving some food on my plate. Sorry to all the starving kids in China my mother used to lecture me about!

Now I must work on the THINKING parts of my brain. They are what usually contribute to my stumbles. So, now I work on brain substitutions. I have to figure out what to do with my spare time, besides eating of course. This is where the true lifestyle changes should occur, changes that must occur if I am to keep the weight off after losing it. Oh yeah, that and a little fear of the Wednesday night scale!

I think this will be the hardest but most rewarding part of my path. Uphill, all the way to be sure, but I trust there will be a great view from the TOPS!

PA 98, NAZARETH

by De De Brown, Leader

On Dec 9, 2009 our chapter had their annual Christmas Party.

This year, however, instead of going to a restaurant we decided to stay at our meeting place and have a gathering of encouragement and fellowship to help get us through the upcoming temptations!

We invited area chapters and I am happy to say that the 2 Bethlehem chapters joined us! We asked everyone to bring a canned good for the area food bank or an unwrapped gift for “TOYS for TOTS”. Most people, in the true TOPS spirit, brought both!

Their generosity, I am sure, will bring someone in the community a blessed Christmas.

Nazareth PA 98 extends a very Merry Christmas to all TOPS members and a very healthy New Year.

May this be the year for KOPS!!!

This is a fantastic idea. They really got into the true spirit of the season and didn't center their celebration around food.

“Kudos” to the chapter !!! Trudy

